

Welcome & Agenda Review

Centering Practice (volunteers welcome!) & Mindfulness Share (Balance & Stability)

Mid-training Check-in

Discussion & Breakout Activity: Aparigraha (Non-Attachment) & Chakra System

**Break (5 Minutes)**

Movement Discussion: Connection & Focus

**Break (5 Minutes)**

Breakout Room Workshop: Guiding a TIY Practice

Group Discussion

Session Closing & Weekly Assignment Offering

\*Optional Afterclass meet-ups

Since we are not sharing space in person and we do not have the option to chat in the parking lot after class, each week I will leave the Zoom space open for individuals who may want to continue conversations.

# Training Mid-Point

Live Session Week 9 of 19 (week 19 is graduation ceremony)

Covering Learning Module 7 of 13 (Module 14 Explains Course Completion Requirements)

Continue discussions exploring personal, community, & global experiences

Yamas:

Ahimsa  
Satya  
Asteya  
Brahmacharya  
Aparigraha

Niyamas:

Saucha  
Santosha  
Tapas  
Svadyaya  
Ishvarna Pranidhana

Live Session Agenda focus shifts:

Allow more space for Practical Workshops

Cultivating a unique & sustainable self practice

10/20-11/12 time for sharing final practice sequences

Check In:

How are Topics/Discussions Landing w/You?

What is your personal energetic / engagement level?

Consider your Intentions for Service -

How do your Interests & Passions provide support?

What can you “practice” in this shared space?



# Connecting with Your Natural Constitution



- Multi-Tasker
- Enjoys the embodied sensations of deadlines and progressive challenges.
- Fast-paced and high heat

Pitta




- Slow & Steady
- Enjoys progressive understanding & building competency before action is taken

Kapha




- Multi-Thinker
- Enjoys considering many options and thinking through solutions
- Enjoys progressive action

Vata



There is freedom waiting for  
you, on the breezes of the sky,  
and you ask "What if I fall?"  
Oh but my darling, What  
if you fly?

-Erin Hanson | Quotes 'nd Notes



Aparigraha –  
Letting Go/  
Non-Attachment

# Where Does Attachment Exist?

***Non-Attachment is the Final Yama / Attachment is a Klesha***

What support exists with the foundation of the Yamas explored in previous sessions to identify attachments?

Where attachment exists and identifies with...

Harm

Non-Truth / Manipulation

Stealing

Excess / Addiction

Fear

Ego / Pride

Aversion / Hatred

Ignorance / Lack of Knowledge

# Where Can “Letting Go”/ Non-Attachment begin?

- Releasing Expectations of “Who/Where/How I *Should* Be”
  - After I get through this...
  - When I’m settled...
  - When I save more money...
  - When I lose/gain weight...
  - When I find a (new) job...
  - When I am in a (different) relationship...
  - When I finish...
  - When I’m healthy...
  - If I...

When we hold on to ideals rather than embrace our current selves we potentially miss opportunities that serve us best.

When we make decisions based on our actual current needs rather than delaying in wait for another situation/status we are open ourselves up for new opportunities we may not have been able to consider.



# Practicing Non- Attachment toward Others:

## *Release:*

Our Expectations, Hopes, Aspirations for Others

How can support look without expectation?

Assumptions, Biases, Judgements, Greed

What might communities look like without these?

What else comes to mind when considering non-attachment?



# *Barriers to Letting Go*


- No Understanding of How/Why
- Lack of Resources/Options/Support
- Fear
  - Past Experience
  - The unknown is more scary than what is already known
- Identity
  - Who am I without... (this relationship, this job, this stuff)
- Guilt
  - Hurting others
  - Concern for others' wellbeing
- Self Doubt
  - I won't succeed
  - I can't





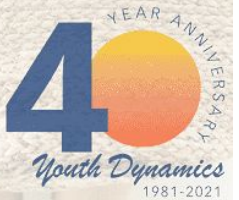
# Support for Letting Go

- Deepen your Relationship to SELF
  - Yoga & Mindfulness (Intention)
    - Continued self study and practice
    - Where is harm? What is true for me? What do I actually need?
  - Meditation Practice
  - Journaling
  - Trusting you “Gut” Instinct
  - GRATITUDE
  - Accountability, Understanding, Patience
- Approach External Relationships Mindfully
  - The Four Agreements
    - (Impeccable w/Word, Do Your Best, NOT Personal, NO Assumptions)
  - Non-Harm, Truth, Non-Stealing, Non-Excess



*Feel everything.  
Let go of everything.  
Or you will be held  
captive by everything.*

Unknown



# WHY PRACTICE APARIGRAHA?

a consideration for the chakra system

# THE SEVEN CHAKRAS

AND THEIR MEANINGS



# Indicators of Imbalance

## **Crown – Sahasrara**

*Inability to Make Decisions, Dissociation, Greed, Depression, Domination over Others, Destructive Behavior*

## **Third Eye – Ajna**

*Vision Problems, Headaches, Migraines, Dizziness, Mental Confusion*

## **Throat – Vishuddha**

*Lost for Words, Sore Throat, Teeth Grinding, Ear Pain, Sinus Infections, Thyroid Issues*

## **Heart – Anahata**

*Breathing Issues, Heart Issues, Infections, Chronic Fatigue, Critical of Self & Others, Isolation, Lack of Empathy*

## **Solar Plexus – Manipura**

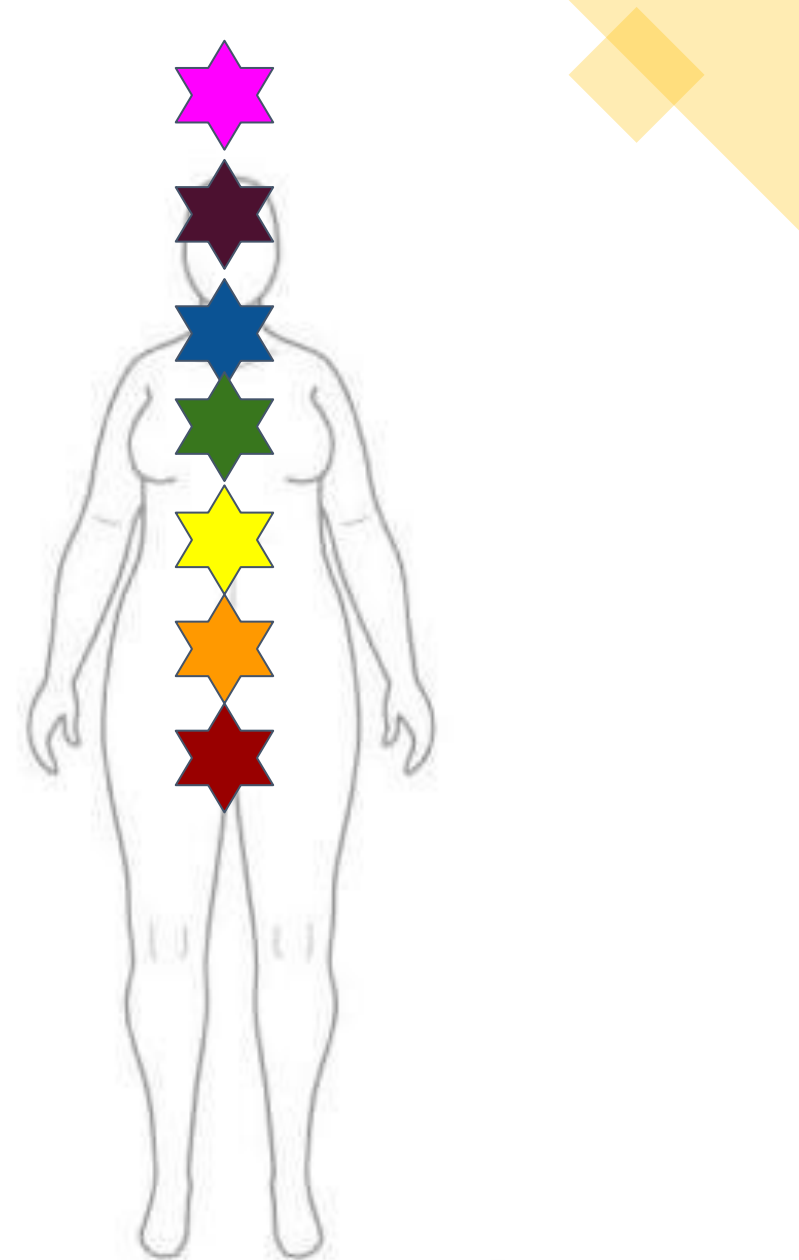
*Lack of Confidence/Insecurity, Low Self-Esteem, Digestive issues, IBS, Ulcers*

## **Sacral – Svadhishtana**

*Lack of Control/Inability to cope with change, Detached Emotions, Unfulfilling relationships, Sexual Dysfunction, of Creativity*

## **Root – Muladhara**

*Sluggishness, Colon & Bladder Elimination Issues, Lower Back Pain, Left Limb pain, Inflammation, Cramping, Nerves & Fearful*



# Causes: Linking Adverse Childhood Experiences

- CROWN: Negativity and uncertainty in the world contributes to blockages in the Crown Chakra. Exposure to repeated lies, misinformation and expectations of blind obedience without reason or alignment with personal truth cause individuals to become complacent and uninspired. Essentially experiences that lead us question our faith and spirituality contribute to the clouding of this chakra.
- THIRD EYE: Constant changes without resolution and traumatic events “beyond our control” can cause blocks to this chakra. When we are unable to complete tasks, find closure, and/or plan ahead we begin to lose the desire to do so out of fear of disappointment.
- THROAT: The throat chakra can become clogged when personal truth is compromised. This can be the result of lies and secrets told and held on to that are painful, manipulative, traumatic, forced, and/or exaggerated.
- HEART: Profound grief, broken trust, continued disappointment, and other emotional disturbances that result in heartache build the callouses around the heart chakra.

# Causes: Linking Adverse Childhood Experiences

- SOLAR PLEXUS: Experiences that lead to feelings of Shame reside in the solar plexus. Feelings that “Your will/personal resolve is broken” because your ethics have been compromised or you have been pushed inappropriately out of your comfort zone.
- SACRAL: Guilt sits within the sacral chakra. When an experience causes us to feel guilty, a direct assault to our personal morals, we become disconnected to our emotions and ability to connect with others.
- ROOT: Insecurity and instability lead to blockages of the root chakra. Uncertainty about home, such as children in foster care or individuals who are moved often without the ability to feel settled have difficulty finding security and feeling of being grounded and connected.



# 7 CHAKRAS & physical signs of imbalances

## 3. Solar chakra

- indigestion
- panic attacks
- liver problems
- frequent illness
- high blood pressure

## 2. Sacral chakra

- lower back pain
- infertility/PMS
- digestive problems
- lack of energy
- kidney & gallbladder problems

## 1. Root chakra

- clumsiness
- sleep issues
- poor circulation
- reproductive problems
- issues with metabolism

## 4. Heart chakra

- chronic fatigue
- upper back pain
- heart related issues
- anxiety/depression
- respiratory ailments

## 5. Throat chakra

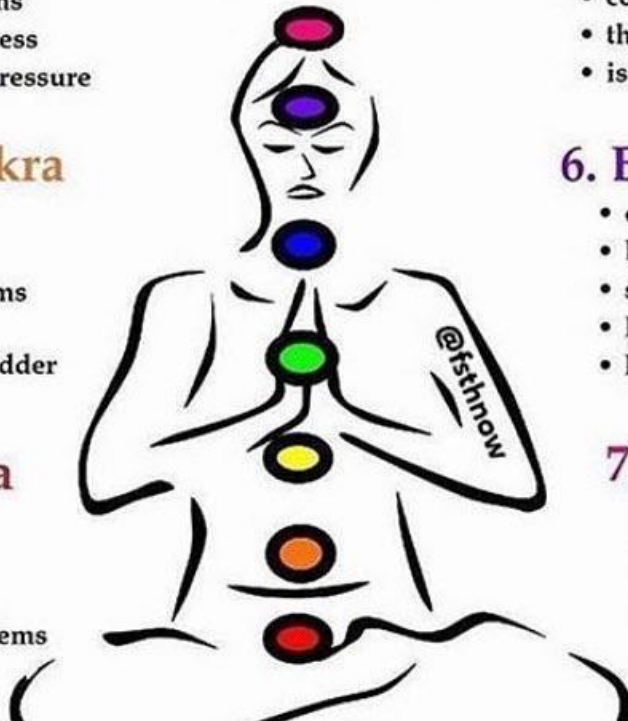
- throat problems
- neck stiffness
- cold symptoms
- thyroid imbalances
- issues with breathing

## 6. Brow chakra

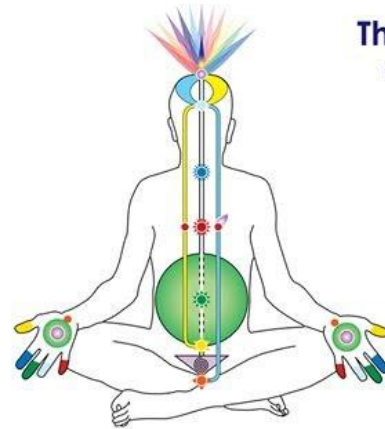
- ear & eye issues
- balance issues
- sleep paralysis
- learning disabilities
- hormone dysfunction

## 7. Crown chakra

- dizziness
- vision issues
- cognitive issues
- memory problems
- nervous system imbalances



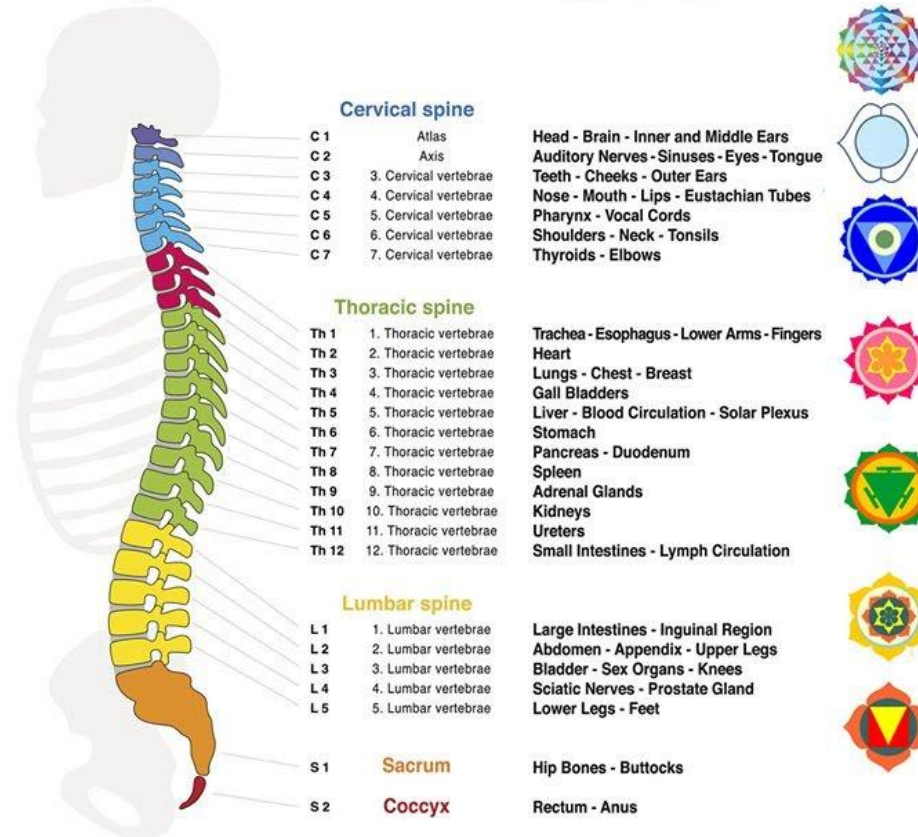




## The Chakras Of Our Subtle System Corresponding To The Different Organs Of Our Physical Body.



With Sahaja Yoga Meditation, as the divine Kundalini Energy rises, it also clears & cures problems / ailments related to the chakra organs & systems.



### Sahasrara (crown):

- Intuitive Knowledge
- Deeper Understanding
- Strong Spiritual Links
- Enhanced Sense of Wonder
- Experience of Completeness

### Ajna (third eye):

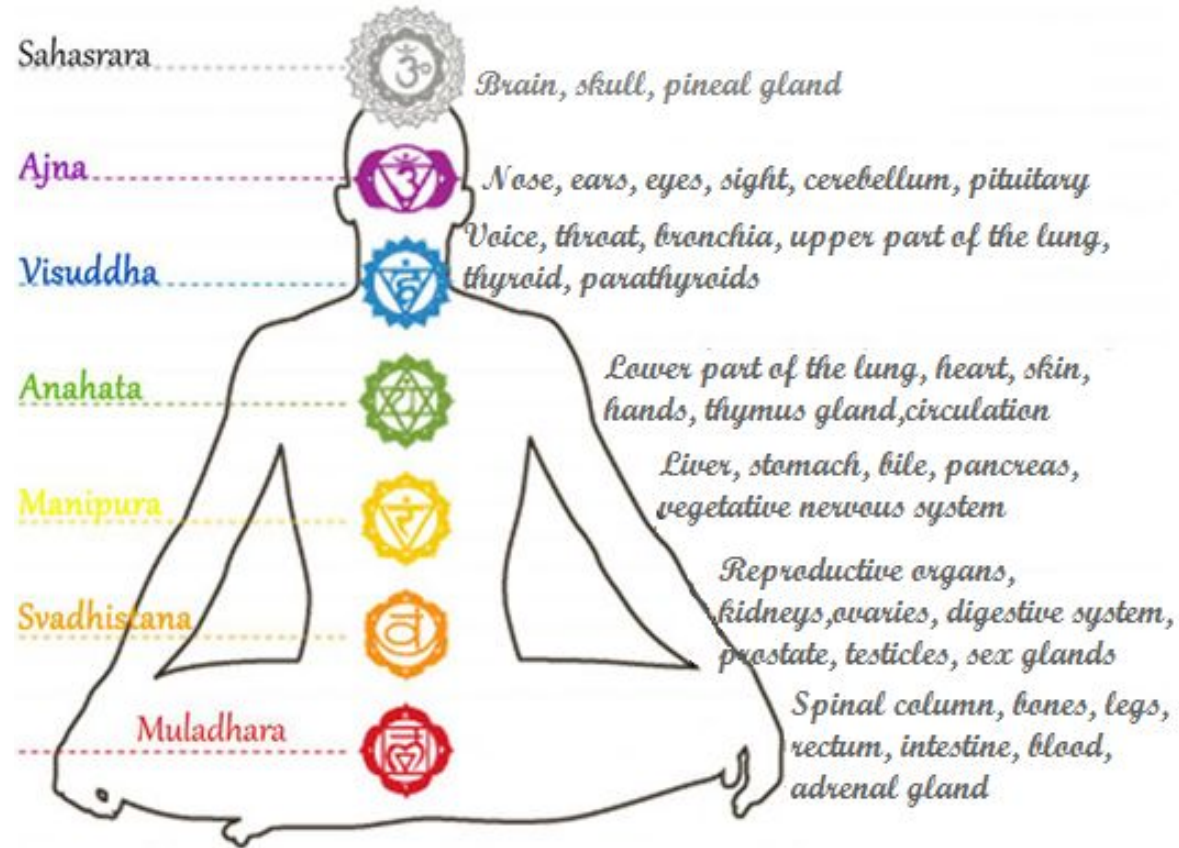
- Enhance Intuition
- Cultivating Creativity & Imagination
- Flexibility in Viewpoints & Opinions
- Breaking through to Higher consciousness

### Vishuddha (throat):

- Improving communication & creativity
- Supports public speaking, singing, dancing
- Develop inner voice
- Supporting voice, face, & body expression

### Anahata (heart):

- Find Emotional Balance
- Inspiring "heart-centered" activities (service work!!)
- Forgiveness
- Release Negativity



### Manipura (solar plexus):

- Establish Healthy Boundaries
- Will Power & Assertiveness
- Connecting w/& understanding own Power
- Improve Digestion & Metabolism
- Boosting Stamina & Guiltless Rest

### Swadhisthana (sacral):

- Increasing Vitality, Sensitivity, & Creative Abilities
- Healthy Expression of Emotion (w/o harm)
- Confidence & self expression

### Muladhara (root):

- Connecting w/your body
- Insight to relationships
- Freeing self from Prejudices & Intolerances
- Releasing yourself from Inherited Negative View
- Valuing All life
- Grounding yourself
- Feeling Secure in life
- Making & Keeping Commitments

# Breakout Questions:

What observations/insights/considerations arise for you as you explore non-attachment and chakra philosophy?

How might you incorporate these topics in your facilitation?

# Concentration & Focus: Trauma-Informed Sequencing

*Exploring balance, coordination, and mindful stretching with curiosity and care.*

## Intentions

- Encourage curiosity over perfection.
- Release expectations about what balance *should* look like—for self and others.
- Invite exploration through the lens of **Aparigraha** (non-attachment).

## Key Components

- **Balance & Coordination Work**
  - Builds focus, stability, and neural integration.
  - Highlights personal response to challenge—physically and mentally.
  - Encourages self-agency and appropriate boundaries.
- **Mindful Stretching**
  - Offers recovery after strength-focused movements.
  - Supports flexibility, mobility, and emotional release.
  - Emphasizes personal choice and body awareness.
- **Engaged Seated Postures**
  - Introduces deeper, often playful shapes (e.g., backbends, arm balances).
  - Encourages self-discovery and confidence—when appropriate.
  - Reinforces safety and self-trust by offering clear choices and alternatives.



## Facilitator Notes

- Use **invitational language** to promote agency.
- Provide accessible options and avoid pressure to perform.
- Reflect on your own beliefs around balance, flexibility, and coordination.
- Stay attuned to group readiness—some shapes may not be trauma-safe.

## Empowerment & Resilience

- This section bridges **active** and **restorative** phases of practice.
- Builds internal resilience through patience, self-advocacy, and empowerment.
- Supports the shift from external effort to internal integration.

## Guiding Philosophies

- **Aparigraha (Non-Attachment):** Let go of fixed outcomes or expectations.





## Sequence for Hips & Shoulder Mobility



This dynamic yoga sequence integrates gentle, intentional movements with mindful breathing, focusing on enhancing mobility in the hips and shoulders while cultivating full-body awareness and relaxation.

- 1. Full Body Stretch:** Inhale your fullest breath and exhale fully as you reach your arms overhead, stretching your entire body from fingertips to toes. Move slowly and dynamically as you stretch each limb as far as it is comfortable for you. Take 5-10 breaths to move and stretch.
- 2. Limb Shaking:** Shake out your arms, legs, and shoulders while releasing short. Release any tension with loose, fluid movements.
- 3. Hip Rotations:** Place your hands on your hips and circle them in both directions. Keep your movements and breathing slow and intentional.
- 4. Arm Circles with Torso Twist:** Circle your arms forward and backward, then gently twist your torso side to side with your arms relaxed.
- 5. Leg Swings:** Hold onto a stable surface or balance unsupported and swing one leg forward and backward. Begin with small movements and explore your range of motion in each direction 5-10 times. Switch Sides.
- 6. Chair Step Back to Lunge:** From Chair Pose, step one foot back into a low lunge. Keep your front knee aligned over your ankle. Repeat 3-5 times and switch sides.
- 7. Table Pose:** Come onto your hands and knees. Align your wrists under your shoulders and knees under your hips.
- 8. Resting Pose:** Lower into Child's Pose or rest in a seated position. Take slow, steady breaths.
- 9. Hip Flexor Stretch to Downward-Facing Dog:** From resting pose, hinge body forward to kneeling plank, dropping the hips toward the floor. From here, transition into Downward-Facing Dog, lifting your hips upward. Move between these two postures 3-5 times. \*resting pose alternative option to downward facing dog
- 10. Locust Pose:** Lie on your belly and pause for 3-5 breaths. When ready, inhale and lift your chest, arms, and legs slightly off the floor. Keep your gaze down and neck long. Hold for inhale and exhale. Repeat 3-5 times.
- 11. Crocodile Pose:** Lie flat on your belly with your forehead resting on your hands. Relax your entire body.
- 12. Pigeon Pose:** Bring one knee forward and extend the opposite leg behind you. Lower your upper body toward the floor.
- 13. Resting Pose:** Return to Child's Pose or rest in a comfortable seated position.
- 14. Seated Transition for Boat Pose:** Come to a seated position, lean back slightly, and lift your feet off the floor. Balance on your sit bones with a long spine. Bring awareness to your active muscles as you breathe. Hold 3-5 breaths.
- 15. Seated Figure Four:** Cross one ankle over the opposite knee. Sit tall and lean slightly forward to deepen the stretch.
- 16. Reverse Tabletop or Reverse Plank:** Place your hands behind you and lift your hips, forming a straight line from shoulders to knees or toes. Repeat 15 and 16 on the opposite side.
- 17. Seated Side Bend:** Sit tall and extend one arm overhead. Lean gently to the opposite side, keeping your chest open. Take 3-5 breaths as you stretch to one side. Switch sides.
- 18. Seated Forward Fold:** Extend your legs forward and hinge from your hips, reaching toward your feet. Breathe as slowly as comfortable, releasing tension in the body with each exhale. Notice if the stretch changes as you relax and breathe.
- 19. Supine Figure Four:** Lie on your back, cross one ankle over the opposite knee, and gently pull the supporting leg toward your chest. Continue to bring awareness to your breath and to any tension still held within your body. Relax your neck, hips, and shoulders. Switch sides.
- 20. Supine Spinal Twist:** Drop your knees to one side, extending your arms wide. Keep your shoulders grounded. Continue breath awareness and release of body tension. Switch sides.
- 21. Relaxation Pose:** Lie on your back with your arms relaxed at your sides. Close your eyes and allow your body to fully release tension.